

What is Disability? Discussion

Description: The way that we, as people with disabilities, understand the meaning of disability is often very different from how society sees it. We spend much of our time fighting these misconceptions and attempting to overcome them in our personal identities. This activity assists participants in understanding the different perceptions of disability, facilitating self-awareness and acceptance.

Recommended Group Size- participants should be split into groups of 3-10

Estimated time: 45 minutes

Shopping List:

Flipcharts

Leader Instructions with a Draft Script of Directions:

This is an optional script that could be used to introduce and conclude the activity. Below there are key words that should be included in the introduction and conclusion.

~Key Points~

- Split the audience into small groups of 3 to 10 participants with a group facilitator
- Introduce the icebreaker
 - There is one common denominator that brought you all here today, disability. Our view of disability can influence who we are and how we interact with the world around us.
- Use the flipcharts to write down ideas
- Discussion Questions
 - Using a flip chart
 - How does having a disability affect you

- How I see it - What is your view of disability
- How the public sees it - How do other people view disability
- Decide on one main point for each question from the group that you would like to share with the entire group and who is willing to share them

Intro
Icebreaker
Self Aware
Advocacy
History
Transition
IEP
Jobs
Higher Edu
Wellness
Health Transition
Living
Peers
Recreation
Wrap-Up
Glossary

What is Disability? Handout

How does having a disability affect you?

What is your view of disability?

How does the public see it (How do other people view disability)?

Other Notes

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Your Accommodations

Accommodations are so important!

You may be asking yourself "what are accommodations"? Hopefully this will help you understand what they are and how they help you.

The definition of accommodations is: Supports that help you succeed at a given task. Schools and colleges are required to give you the accommodations you need while in school. It is important to know what accommodations you are getting now so that you can ask for them and succeed in the future. As an adult, you are expected to know what you need and what your accommodations are; people are not going to be able to read your mind

Some examples of accommodations are:

- ✓ Extended time to finish tests
- ✓ Wheelchair Ramps
- ✓ Braille Menu at a restaurant
- ✓ Assistance in reading a book or a test
- ✓ Books on tape
- ✓ Large print handouts
- ✓ TV monitor connected to microscope to enlarge images
- ✓ Class assignments made available in electronic format
- ✓ "Real-time" captioning
- ✓ Audio-taped class sessions
- ✓ Computer with voice output,
- ✓ Computer with spellchecker and grammar checker
- ✓ Adjustable tables; lab equipment located within reach
- ✓ Reasonable adjustments with attendance policy

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